



REPLY TO  
ATTENTION OF

**DEPARTMENT OF THE ARMY**  
**U. S. ARMY CENTER FOR HEALTH PROMOTION AND PREVENTIVE MEDICINE**  
**5158 BLACKHAWK ROAD**  
**ABERDEEN PROVING GROUND, MARYLAND 21010-5403**

MCHB-CG-HHD

3 July 2002

MEMORANDUM FOR USACHPPM-HHC Personnel

SUBJECT: Army Physical Fitness Tests (APFT) – Policy Memorandum #5

1. Physical Fitness (PT) provides a foundation for readiness and must be an integral part of every soldier's life. Unit readiness begins with the physical fitness of soldiers and the noncommissioned officers who lead them. Soldiers are expected to meet the fitness standards set forth in AR 350-41 and FM 21-20.
2. Soldiers will take the APFT at least twice each year with a minimum of 4 months separating record tests, if only 2 record tests are given. HHC will administer a monthly diagnostic APFT and a semi-annual record APFT. Soldiers who fail to take the APFT within the required period, provided no medical condition exists, will be flagged IAW AR 600-8-2.
3. The following incentives will be awarded to all soldiers who score 270 or above on the record APFT and meet height/weight standards:
  - a. Soldiers who score 270-290 with at least 90 points in each event will receive a Certificate of Achievement, the Army Physical Fitness Badge, and a 3-day pass.
  - b. Soldiers who score 290-299 will receive a Certificate of Achievement, the Army Physical Fitness Badge, 15 days PT exemption, and a 3-day pass.
  - c. Soldiers who score 300 will receive a Certificate of Achievement, the Army Physical Fitness Badge, 15 days PT exemption, and a 4-day pass.
4. If a soldier is on temporary profile during their APFT window, they must still report for the weigh-in with the most recent, valid copy of their profile. Recovery periods are equal to two times the length of the profile, not to exceed 90 days. Soldiers will take a record APFT immediately after the recovery period ends if they are due for an APFT.
5. In the event of a record APFT failure, soldiers without a medical profile will be flagged and required to participate in the Company's Special Fitness Program. Soldiers will be retested not later than 3 months following the initial APFT failure. The Commander may allow soldiers to retake the test as soon as the soldier and the Commander feel the soldier is ready. Requests will be submitted through the Chain-of-Command for final approval.

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6. Soldiers without medial profiles, who fail two consecutive record APFTs, will be barred from re-enlistment and/or processed for separation from the Army.

JOSEPH J. HOUT  
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Commanding